The School of Human Kinetics offers:

- Bachelor of Human Kinetics
- Major in Human Kinetics, leading to a B.A. degree
- Major in Sport and Leisure Management, leading to a B.A. degree
- Concentration in Human Kinetics
- Minor in Human Kinetics
- Minor in Elementary School Physical Education.

Students may choose to take the B.H.K. degree in one of five stream options:

- Kinesiology
- Physical Education
- Sport and Leisure Management
- Athletic Therapy
- Generalist.

Trinity Western's Human Kinetics program is designed to give students the necessary theoretical foundations and practical experiences to be successful in teaching, coaching, and other recreational and human kinetics leadership positions.

Human Kinetics specialists take courses ranging from a basic theoretical study of human physical performance and behaviour such as biomechanics and sport psychology to courses with a more practical, applied approach such as fitness leadership, teaching, and coaching development. Students develop a sound knowledge base as well as relevant planning and organizational skills. They learn how to help others measure and evaluate their fitness and psychomotor skill levels as well as develop and implement realistic plans for self-improvement. Human Kinetics students gain skills in lesson and program planning as well as the communication of sports skills, team concepts, and the need for physical fitness. Sport studies and supervised practica are an essential part of a progressive strategy of leadership education, with compulsory third and fourth year courses involving both applied and theoretical content.

Trinity Western's programs do more than provide a conceptual knowledge base with complementary practical experiences. Students gain insight into how human kinetics activities can reflect the Christian life and biblical values. They experience how team sports can be used not only to improve skills but also as a means to build Christian community. They learn how human kinetics and recreation relate to the fundamental principles of a balanced, productive, Christ-honouring life. Students are challenged to model and teach Christian values to others, using current and future leadership positions as opportunities for discipleship and witness.

The School of Human Kinetics also offers students not specializing in Human Kinetics a wide variety of courses designed to promote physical health, fitness and wellness, psychomotor skill improvement, and positive attitudes towards a God-pleasing, physically-active lifestyle.

Teacher certification for elementary grades in British Columbia requires 30 sem. hrs. of upper level course work in each of kinesiology and physical education. A list of Human Kinetics courses in each category is available in the School of Human Kinetics Course Planning Guide. For teacher certification purposes students taking a Bachelor of Human Kinetics, a B.Ed., or a B.A. with a major in Human Kinetics must take at least 6 sem. hrs. of upper level course work in another approved teaching subject area. Note that BIOL 241, 242, 243, and 244 do not meet the laboratory science requirement for prospective elementary teachers.

For certification in British Columbia, it is recommended that prospective secondary physical education teachers present a second acceptable teachable subject area (besides Human Kinetics). Students must obtain a minimum of 18 sem. hrs. of upper level course work in both Human Kinetics and in their second subject.

To ensure that prospective teachers meet all graduation and certifications requirements, they are strongly advised to check their proposed program with an advisor in the School of Education.

### HUMAN KINETICS

#### BACHELOR OF HUMAN KINETICS, B.H.K. DEGREE

**GENERAL GRADUATION REQUIREMENTS**

(See also Academic Information section, particularly for further details on core requirements.)

<table>
<thead>
<tr>
<th>Category</th>
<th>Sem. hrs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Human Kinetics</td>
<td>60</td>
</tr>
<tr>
<td>BIOL 241, 242; or 243, 244</td>
<td>6</td>
</tr>
<tr>
<td>ENGL 103, 104</td>
<td>6</td>
</tr>
<tr>
<td>Fine Arts</td>
<td>3</td>
</tr>
<tr>
<td>History</td>
<td>3</td>
</tr>
<tr>
<td>IDIS 102 &amp; 400 or approved alternative</td>
<td>4</td>
</tr>
<tr>
<td>Philosophy</td>
<td>3</td>
</tr>
<tr>
<td>Religious Studies (incl. RELS 101, 102; Bible content; Christianity &amp; Inter-Cultural Studies)</td>
<td>12</td>
</tr>
<tr>
<td>Society &amp; Culture</td>
<td>3</td>
</tr>
<tr>
<td>UNIV 101</td>
<td>1</td>
</tr>
<tr>
<td>Electives</td>
<td>21</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>122</strong></td>
</tr>
</tbody>
</table>
1. SPECIFIC REQUIREMENTS
THEORY COURSES (24 SEM. HRS.)
HKIN 191 Introduction to Exercise Physiology
HKIN 195 Foundations of Human Kinetics
HKIN 198 Scientific Basis of Human Movement
HKIN 325 Socio-cultural Aspects of Sport and Leisure
HKIN 351 Leadership and Planning in Human Kinetics
HKIN 365 Technological Applications in Human Kinetics and Recreation
HKIN 372 Athletic Injuries
HKIN 490 Philosophy and Applied Ethics in Human Kinetics and Recreation

2. STREAM OPTIONS
Along with the above courses students must choose one of the streams listed below.

• STREAM 1: KINESIOLOGY

i.) SPECIFIC THEORY REQUIREMENTS (30 SEM. HRS.)
HKIN 265 Research and Measurement
HKIN 303 Advanced Strength Training
HKIN 340 Psychology of Sport and Exercise
HKIN 370 Biomechanics
HKIN 376 Motor Learning, Memory, and Control
HKIN 420 Sports Nutrition
HKIN 470 Exercise Physiology
HKIN 480 Principles of Advanced Coaching or
HKIN 495 Senior Seminar
Theory Elective 1
Theory Elective 2

ii.) LEADERSHIP EXPERIENCES (3 SEM. HRS.)
Select any combination of courses of 1 or 2 sem. hrs. each for a total of 3 sem. hrs. but not to exceed 6 sem. hrs.: 
HKIN 355 Core Teaching Experience
HKIN 455 Core Teaching Experience II
HKIN 456 Teaching Experience
HKIN 457 Coaching Experience
HKIN 458 Approved Experience

iii.) PHYSICAL ACTIVITY REQUIREMENTS (10 SEM. HRS.)
A. Required Courses (2 sem. hrs.)
HKIN 342 Creative Movement
B. Required Courses (2 sem. hrs.)
Choose one of:
HKIN 330 Aquatics—Swimming and Water Activities
HKIN 332 Gymnastics

Note: Students planning to attend UBC secondary school teacher training must have knowledge of and skill in aquatics, dance, and gymnastics.

C. Required Courses (3 sem. hrs.)
Choose one of:
HKIN 142 Raquetball
HKIN 143 Badminton
HKIN 144 Tennis
HKIN 155 Curling
HKIN 161 Basketball
HKIN 162 Volleyball
HKIN 163 Soccer
HKIN 164 Ice Hockey
HKIN 165 Football
HKIN 168 Softball

Physics: PHYS 111, 112; 210
Must also take BIOL 241, 242, and current CPR certification or HCP (Health Care Provider).
Other upper level science courses may meet ancillary requirements if they directly relate to human structure and function. See advisor for additional information.
HKIN 103 or 107 or instructor's permission is a prerequisite to HKIN 303.

• STREAM 2: PHYSICAL EDUCATION

i.) SPECIFIC THEORY REQUIREMENTS (21 SEM. HRS.)
HKIN 260 Physical Growth and Development
HKIN 280 Foundations of Coaching
HKIN 295 Health Education
HKIN 340 Psychology of Sport and Exercise
HKIN 350 Elementary School P.E. (elementary) or
HKIN 360 Instructional Analysis and Design (secondary)
HKIN 376 Motor Learning, Memory, and Control
HKIN 453 Physical Activity for Special Populations

ii.) LEADERSHIP EXPERIENCES (5 SEM. HRS.)
Select any combination of courses of 1 or 2 sem. hrs. each for a total of 5 sem. hrs. but not to exceed 7 sem. hrs.
HKIN 355 Core Teaching Experience
HKIN 455 Core Teaching Experience II
HKIN 456 Teaching Experience
HKIN 457 Coaching Experience
HKIN 458 Approved Experience

iii.) PHYSICAL ACTIVITY REQUIREMENTS (10 SEM. HRS.)
A. Required Courses (2 sem. hrs.)
HKIN 342 Creative Movement
B. Required Courses (2 sem. hrs.)
Choose one of:
HKIN 330 Aquatics—Swimming and Water Activities
HKIN 332 Gymnastics

Note: Students planning to attend UBC secondary school teacher training must have knowledge of and skill in aquatics, dance, and gymnastics.

C. Required Courses (3 sem. hrs.)
Choose one of:
HKIN 142 Raquetball
HKIN 143 Badminton
HKIN 144 Tennis
HKIN 155 Curling
HKIN 161 Basketball
HKIN 162 Volleyball
HKIN 163 Soccer
HKIN 164 Ice Hockey
HKIN 165 Football
HKIN 168 Softball

Physics: PHYS 111, 112; 210
Must also take BIOL 241, 242, and current CPR certification or HCP (Health Care Provider).
Other upper level science courses may meet ancillary requirements if they directly relate to human structure and function. See advisor for additional information.
HKIN 103 or 107 or instructor's permission is a prerequisite to HKIN 303.
Choose one of:
HKIN 111 Scuba Diving
HKIN 114 Sea Kayaking
HKIN 115 Swimming
HKIN 120 Rock Climbing
HKIN 121 Hiking
HKIN 124 Downhill Skiing
HKIN 125 Snowboarding
HKIN 126 Cross-Country Skiing
HKIN 128 Introduction to Mountain Biking
HKIN 136 Outdoor Pursuits I
HKIN 137 Outdoor Pursuits II

Choose one of:
HKIN 101 Physical Conditioning
HKIN 103 Weight Training
HKIN 104 Fitness for Living
HKIN 107 Advanced Weight Training

D. Electives (3 sem. hrs.)
Any combination of physical activity courses equal to 3 sem. hrs. Students planning to attend the University of British Columbia for the final preparation year must have knowledge of and skill in aquatics, dance, and gymnastics.

iv.) ANCILLARY REQUIREMENTS
BIOL 241, 242, and current CPR or HCP (Health Care Provider) at time of graduation.

*Course selected in (i) and (ii) may not be selected in (iii).

• STREAM 3: SPORT AND LEISURE MANAGEMENT
i.) SPECIFIC THEORY REQUIREMENTS (21 SEM. HRS.)
HKIN 320 Management and Facilities
HKIN 451 Sport Governance, Politics, and Law
Or
BUSI 345 Business Law I
HKIN 320 Management and Facilities
BUSI 111 Introduction to Business and Management
BUSI 221 Principles of Accounting I
BUSI 280 Organizational Behaviour
BUSI 331 Basic Marketing

Choose one of the following courses:
BUSI 345 Business Law I
BUSI 352 Human Resources Management
BUSI 435 Marketing Management

ii.) LEADERSHIP EXPERIENCES (5 SEM. HRS.)
Select any combination of courses of 1 or 2 sem. hrs. each for a total of 5 sem. hrs. but not to exceed 7 sem. hrs.
HKIN 355 Core Teaching Experience
HKIN 455 Core Teaching Experience II
HKIN 456 Teaching Experience
HKIN 457 Coaching Experience
HKIN 458 Approved Experience
HKIN 459 Sport and Leisure Management Experience (3 sem. hrs.)

iii.) PHYSICAL ACTIVITY REQUIREMENTS (4 SEM. HRS.)
Choose any combination of 1 and 2 sem. hr. physical activity courses.

iv.) HKIN OR THEORY ELECTIVE (6 SEM. HRS.)

v.) ANCILLARY REQUIREMENTS
BIOL 241, 242, and current CPR or HCP (Health Care Provider).

• STREAM 4: ATHLETIC THERAPY
The athletic therapy stream is offered in cooperation with Mount Royal College in Calgary, Alberta. Interested students must apply before December 1 to the School of Human Kinetics for enrolment in Mount Royal College the following August. Students may not apply earlier than their second year of full-time studies. Five seats are available annually.

i.) SPECIFIC THEORY REQUIREMENTS (42 SEM. HRS.)

at Mount Royal College, Calgary, Alta.:
PHED 1301 Musculoskeletal Assessment – Spinal
PHED 1303 Musculoskeletal Assessment – Peripheral
PHED 1305 Therapeutic Modalities in Athletic Therapy
PHED 1307 Rehabilitation Techniques in Athletic Therapy
PHED 1350 Field Practicum I
PHED 1311 Advanced Rehabilitation Techniques in Athletic Therapy
PHED 1313 Issues in Sports Medicine
PHED 1315 Clinical Management Administration
PHED 1354 Clinical Practicum I
PHED 1352 Field Practicum II

at Trinity Western University:
HKIN 101 Physical Conditioning
HKIN 303 Advanced Principles of Strength Training
HKIN 340 Sport Psychology
HKIN 420 Sport Nutrition
HKIN 472 Practicum in Athletic Therapy

ii.) LEADERSHIP EXPERIENCES:
This is covered by PHED 1350, 1352, and 1354 conducted at Mount Royal College.

iii.) ANCILLARY REQUIREMENTS
BIOL 241, 242
HKIN 103 or 107 or instructor's permission is a prerequisite to HKIN 303.

Students must hold current Standard First Aid and CPR certificates.

Once accepted into the stream, students may apply for membership with the Canadian Athletic Therapy Association (CATA) and begin accumulating hours toward certification.
• STREAM 5: GENERALIST

i.) ELECTIVE THEORY REQUIREMENTS (21–27 SEM. HRS.)
Students may choose any Human Kinetics theory course that is not a specific B.H.K. requirement or one that they have not previously taken. Students must also take BIOL 241 and 242.

ii.) LEADERSHIP EXPERIENCES (3–6 SEM. HRS.)
Select any combination of courses of 1 or 2 sem. hrs. each for a total of 3 sem. hrs. but not to exceed 6 sem. hrs.:
- HKIN 355 Core Teaching Experience
- HKIN 455 Core Teaching Experience II
- HKIN 456 Teaching Experience
- HKIN 457 Coaching Experience
- HKIN 458 Approved Experience

iii.) PHYSICAL ACTIVITY REQUIREMENTS (6–10 SEM. HRS.)
Choose between 6 to 10 sem. hrs. of physical activity courses.

iv.) ANCILLARY REQUIREMENTS
BIOL 241, 242, and current CPR or HCP (Health Care Provider).

MAJOR IN HUMAN KINETICS, B.A. DEGREE

GENERAL GRADUATION REQUIREMENTS
(See also Academic Information section, particularly for further details on core requirements.)

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Sem. hrs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Human Kinetics</td>
<td>42</td>
</tr>
<tr>
<td>BIOL 241, 242</td>
<td>6</td>
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<tr>
<td>ENGL 103, 104</td>
<td>6</td>
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<tr>
<td>Fine Arts</td>
<td>3</td>
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<tr>
<td>History</td>
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</tr>
<tr>
<td>IDIS 102 &amp; 400 or approved alternative</td>
<td>4</td>
</tr>
<tr>
<td>Philosophy</td>
<td>3</td>
</tr>
<tr>
<td>Religious Studies (incl. RELS 101, 102;</td>
<td>12</td>
</tr>
<tr>
<td>Bible content; Christianity &amp; Inter-Cultural Studies)</td>
<td></td>
</tr>
<tr>
<td>Society &amp; Culture</td>
<td>3</td>
</tr>
<tr>
<td>UNIV 101</td>
<td>1</td>
</tr>
<tr>
<td>Electives</td>
<td>39</td>
</tr>
<tr>
<td>Total</td>
<td>122</td>
</tr>
</tbody>
</table>

SPECIFIC REQUIREMENTS

THEORY REQUIREMENTS (18 SEM. HRS.)
- HKIN 191 Introduction to Exercise Physiology
- HKIN 195 Foundations of Human Kinetics
- HKIN 198 Scientific Basis of Human Movement
- HKIN 351 Leadership and Planning in Human Kinetics
- HKIN 372 Athletic Injuries
- HKIN 490 Philosophy and Applied Ethics of Human Kinetics

THEORY ELECTIVES
Choose 12–18 sem. hrs. from:
- HKIN 260 Physical Growth and Development
- HKIN 265 Research and Measurement
- HKIN 280 Foundations of Coaching
- HKIN 295 Health Education
- HKIN 303 Advanced Strength Training
- HKIN 325 Sociocultural Aspects of Sport and Leisure
- HKIN 340 Psychology of Sport and Exercise
- HKIN 350 Elementary School Physical Education
- HKIN 360 Instructional Analysis and Design
- HKIN 365 Technological Applications in Human Kinetics and Recreation
- HKIN 370 Biomechanics
- HKIN 376 Motor Learning, Memory, and Control
- HKIN 385 Analysis of Sports Skills
- HKIN 420 Sports Nutrition
- HKIN 440 Applied Mental Skills in Sport and Fitness
- HKIN 453 Physical Activity for Special Populations
- HKIN 470 Exercise Physiology
- HKIN 480 Principles of Advanced Coaching
- HKIN 495 Senior Seminar

PHYSICAL ACTIVITY (2–10 SEM. HRS.)
Choose between 2 to 10 sem. hrs. of physical activity courses.

LEADERSHIP EXPERIENCES (3–5 SEM. HRS.)
Select any combination of courses of 1 or 2 sem. hrs.
- HKIN 355 Core Teaching Experience I
- HKIN 455 Core Teaching Experience II
- HKIN 456 Teaching Experience
- HKIN 457 Coaching Experience
- HKIN 458 Approved Experience

Ancillary Requirements
BIOL 241 and 242
Current CPR certification or HCP (Health Care Provider)
CONCENTRATION IN HUMAN KINETICS

Students may obtain a concentration in Human Kinetics by completing 30 sem. hrs. of Human Kinetics courses (at least 15 sem. hrs. at 300 or 400 level; 18 sem. hrs. for secondary teaching).

REQUIRED COURSES

<table>
<thead>
<tr>
<th>Course</th>
<th>Sem. hrs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>HKIN 191</td>
<td>Introduction to Exercise Physiology 3</td>
</tr>
<tr>
<td>HKIN 195</td>
<td>Foundation of Human Kinetics 3</td>
</tr>
<tr>
<td>HKIN 198</td>
<td>Scientific Basis of Movement 3</td>
</tr>
</tbody>
</table>

Physical Activity Courses
Any combination of 1 and 2 sem. hr. courses = 4

Leadership Experience 2

Theory Electives 15

Total: 30

Note: Must also take BIOL 241. Prospective teachers should read introductory notes to this section.

MINOR IN HUMAN KINETICS

The minor is obtained by completing 24 sem. hrs. of Human Kinetics courses (at least 12 sem. hrs. at the 300 or 400 level; 18 sem. hrs. for secondary teaching.)

REQUIRED COURSES

<table>
<thead>
<tr>
<th>Course</th>
<th>Sem. hrs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>HKIN 191</td>
<td>Introduction to Exercise Physiology 3</td>
</tr>
<tr>
<td>HKIN 195</td>
<td>Foundation of Human Kinetics 3</td>
</tr>
<tr>
<td>HKIN 198</td>
<td>Scientific Basis of Movement 3</td>
</tr>
</tbody>
</table>

Physical Activity Courses
Any combination of 1 and 2 sem. hr. courses = 4

Leadership Experience 2

Theory Electives 9

Total: 24

Note: Must also take BIOL 241. Prospective teachers should read introductory notes to this section.

SPORT AND LEISURE MANAGEMENT

MAJOR IN SPORT AND LEISURE MANAGEMENT, B.A. DEGREE

GENERAL GRADUATION REQUIREMENTS
(See also Academic Information section, particularly for further details on core requirements.)

<table>
<thead>
<tr>
<th>Course</th>
<th>Sem. hrs.</th>
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</thead>
<tbody>
<tr>
<td>Sport and Leisure Management</td>
<td>63</td>
</tr>
<tr>
<td>ENGL 103, 104</td>
<td>6</td>
</tr>
</tbody>
</table>

SPECIFIC REQUIREMENTS

1. THEORY REQUIREMENTS
   (57 SEM. HRS.)

HUMAN KINETICS (24 SEM. HRS.)

<table>
<thead>
<tr>
<th>Course</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HKIN 195</td>
<td>Foundations of Human Kinetics</td>
</tr>
<tr>
<td>HKIN 320</td>
<td>Management and Facilities</td>
</tr>
<tr>
<td>HKIN 325</td>
<td>Sociocultural Aspects of Sport and Leisure</td>
</tr>
<tr>
<td>HKIN 351</td>
<td>Leadership and Planning in Human Kinetics</td>
</tr>
</tbody>
</table>

HUMAN KINETICS (13 SEM. HRS.)

<table>
<thead>
<tr>
<th>Course</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HKIN 451</td>
<td>Sport Governance, Politics, and Law</td>
</tr>
</tbody>
</table>

or

<table>
<thead>
<tr>
<th>Course</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>BUSI 345</td>
<td>Business Law I</td>
</tr>
<tr>
<td>HKIN 490</td>
<td>Philosophy and Applied Ethics of Human Kinetics and Recreation</td>
</tr>
<tr>
<td>HKIN 495</td>
<td>Senior Seminar</td>
</tr>
</tbody>
</table>

and choice of one theory elective

BUSINESS (27 SEM. HRS.)

<table>
<thead>
<tr>
<th>Course</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>BUSI 111</td>
<td>Introduction to Business and Management</td>
</tr>
<tr>
<td>BUSI 221</td>
<td>Principles of Accounting I</td>
</tr>
<tr>
<td>BUSI 275</td>
<td>Business Statistics</td>
</tr>
<tr>
<td>BUSI 280</td>
<td>Organizational Behaviour</td>
</tr>
<tr>
<td>BUSI 331</td>
<td>Basic Marketing</td>
</tr>
<tr>
<td>BUSI 342</td>
<td>Business Finance</td>
</tr>
<tr>
<td>BUSI 345</td>
<td>Business Law</td>
</tr>
</tbody>
</table>

or one of:

<table>
<thead>
<tr>
<th>Course</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>BUSI 446</td>
<td>Commercial Legal Relations</td>
</tr>
<tr>
<td>BUSI 481</td>
<td>Business Ethics</td>
</tr>
<tr>
<td>BUSI 490</td>
<td>Integrative Group Project</td>
</tr>
<tr>
<td>BUSI 352</td>
<td>Human Resources Management</td>
</tr>
<tr>
<td>BUSI 435</td>
<td>Marketing Management</td>
</tr>
</tbody>
</table>

*Note: A minimum grade of C is required in each Business course.
COMMUNICATIONS (6 SEM. HRS.)
Choose two of the following courses:
COMM 211 Public Speaking
COMM 213 Introduction to Public Relations
COMM 214 Organizational Communications

2. HKIN INTERNSHIP (6 SEM. HRS.)
HKIN 459 Sport and Leisure Management Experience
HKIN 460 Sport and Leisure Management Experience

Note: Students must take HKIN 190 plus two activity courses to meet the Human Kinetics TWU core requirements.

ELEMENTARY SCHOOL PHYSICAL EDUCATION

MINOR IN ELEMENTARY SCHOOL PHYSICAL EDUCATION
The minor is obtained by completing 24 sem. hrs. of Human Kinetics courses (12 sem. hrs. at the 300 or 400 level).

REQUIRED COURSES

<table>
<thead>
<tr>
<th>Course</th>
<th>Sem. hrs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>HKIN 191</td>
<td>Introduction to Exercise Physiology 3</td>
</tr>
<tr>
<td>HKIN 195</td>
<td>Foundation of Human Kinetics 3</td>
</tr>
<tr>
<td>HKIN 198</td>
<td>Scientific Basis of Movement 3</td>
</tr>
<tr>
<td>HKIN 342</td>
<td>Creative Movement 2</td>
</tr>
<tr>
<td>HKIN 350</td>
<td>Elementary Physical Education 3</td>
</tr>
<tr>
<td>Leadership Experience (HKIN 457 or 458)</td>
<td>1</td>
</tr>
<tr>
<td>Theory Electives (upper level)</td>
<td>2</td>
</tr>
</tbody>
</table>

Total: 24

Note: Students must take BIOL 241. Prospective teachers should read introductory notes to this section.

MORE INFORMATION
Contact Admissions or the Dean of the School of Human Kinetics.